

Ageing Well: Auslan Pilates



We are pleased to announce a 6 week online Auslan Pilates for Ageing Well clients and other Seniors with Karla Daly this October.

Karla is a certified Pilates Matwork Teacher specialising in Auslan classes. Tailored to senior members of our community, these classes are designed to support your healthy ageing, improve your strength, posture, deep muscles and core.

Karla has worked with over 50 Deaf and hard of hearing clients through one-one sessions and online programs. She has also worked with Deaf Services and the Deaf Society providing classes to staff and clients.

Where?

Online via Zoom

When?

Every Wednesday from 14th October - 18th November.

Time?

11am

Cost?

Attendance fee is \$30 for the entire 6 week course. If you have an Ageing Well service, pilates sessions can be included into a client's support plan.

How to book?

Information is available at: bit.ly/pilatesageingwell.

Contact Leena on 0423 150 580, also IMO and Skype, or email: leena.vuorinen@deafservices.org.au.